



*Kathleen Schneider, RN*

Why did you choose psychiatric/mental health nursing?

I am a people person who enjoys talking to patients and their families. It is exciting to see the patients change in 24 hours. Also, I needed a change from Med/Surg nursing.

Please provide a brief description of what you do.

I am a shift lead, charge nurse, and provide direct patient care on the afternoon/evening shift .

Please describe your role in the health care team in the region/organization/ community where you practice psychiatric/mental health nursing.

I have assisting in neighborhood health

screening such as blood pressures. Also providing emotional support to friends/ family during challenging times such as chemotherapy.

What do you consider to be the most challenging and most rewarding parts of psychiatric/mental health nursing?

The most challenging part of mental health nursing for me is being new to mental health nursing. The most rewarding part is to see the changes in patients over a short period of time.

What advice do you have for nursing graduates who are considering psychiatric/ mental health nursing as a career?

I would say to the new grad- make sure mental health is a fight fit for you. It is unique and totally different from general nursing.

Any other comments?

I made the right decision by choosing Mental Health Nursing. I enjoy laughing with the patients and that is my reward!!